

## How to alter the resistance on the JF100 Magnetic Bike

So you are enjoying your JF100 Magnetic Bike but would like to increase the tension for a greater resistance, not a problem this is an easy task and we have put together some very simple steps for you to follow. Firstly find your manual you would have received one with the bike when it was initially delivered to you. If you cannot locate your manual then please visit the **Download Manual** section on our website and underneath **Exercise Bike Manual** you will find **JF100 Home Exercise Bike Manual**. I recommend using the manual in conjunction with these easy to follow steps so that the correct parts can be identified and adjusted accordingly. So you now have your manual to hand you are ready to get started. The first step is to remove the Handlebar Post (4) from the Main Frame (1) and disconnect the Tension Cable (16) and the connective wire (18). Now turn the nut located underneath the hook of the Tension Cable (16) this will then allow you to adjust your tension by turning the hook down the thread. To secure into place tighten the nut that belongs underneath the hook end of the Tension Cable (16). Reconnect the Tension Cable (16) and the connective wire (18) before reattaching the Handlebar Post (4). Now try turning the Tension Control (20) and you will feel a greater resistance when cycling. There are now no excuses not to challenge and engage yourself on your daily workout.